



6. Lauf "Rund um Frauenwald"

Frauenwald / 13.08.2011

Detailed evaluation

Hein, Michael

Club: Katholische Laufjugend Arnstadt

Number: 395

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M40

Total time: 55:51

Speed: 10.74 km/h

Running performance: 5:19 min/km

Rank in course/Total: 62 (of 110)

Rank in course/Men: 56 (of 86)

Best time in course: 37:08

Rank in category: 6(of 11)

Best time in the category: 45:06